



Wellness Nutrition Fun FaCts

February 2013

National Children's Dental Health Month

DID YOU KNOW THAT HEALTHY GUMS AND TEETH CAN IMPACT YOUR OVERALL HEALTH?

Among children, early tooth loss caused by dental decay can lead to failure to thrive, impaired speech development, poor concentration in school and reduced self-esteem.

Tooth decay is caused by bacteria that live in your mouth and grow rapidly when exposed to the combination of acid and sugar present in the foods and beverages you consume daily.

Adapted from: <http://www.mchoralhealth.org>

DOES A HEALTHY DIET LEAD TO HEALTHY TEETH?

- ⇒ Research has proven that the foods and drinks your child consumes greatly affect his overall health and the condition of his teeth. Candy, sticky foods and sugar/ acid-containing drinks may increase our risk of tooth decay. But foods such as whole grains, fruits, vegetables and low-fat dairy products are actually better for our teeth.
- ⇒ Daily intake of fluoride (found in tap water) strengthens the enamel on our teeth. Evidence shows we also need to consume an adequate amount of calcium to ensure healthy teeth, and that can easily be done by consuming 2-3 servings of low-fat dairy products a day. If you do not consume enough fluoride or calcium-rich foods, talk to your doctor or a dietitian about a dietary supplement.

WAYS TO REDUCE THE RISK OF DENTAL CAVITIES:

- Reduce consumption of soda pop, fruit juice, fruit drinks, sports drinks, high sugar and starchy foods
- Floss and brush teeth with age-adequate toothpaste or clean baby's gums twice a day
- Choose sugar-free beverages like water, coffee, tea and sugar-free non-carbonated drinks
- Drink 6 to 8 glasses of water per day to decrease the acid in the mouth
- Schedule regular dentist visits since as early as 1 year of age
- Only offer water in bedtime bottle or sippy cup
- Only offer 4-6 oz. juice daily in sippy or open cup

South Dakota Department of Health WIC Program

breastfeeding bit

Surround Yourself with Support!

Celebrate February by giving your baby the gift of love and bonding through breastfeeding! The chances of breastfeeding success goes up if you have a strong support system. Look for support in these places:

- Friends and family who have breastfeeding experience
- WIC staff and WIC Breastfeeding Peer Counselors
- Lactation Consultants at your clinic or hospital
- Doulas, midwives
- Local support groups such as La Leche League

Looking for more support? Visit **www.bestfeeding.org** to find **FREE** breastfeeding kits that can help moms, doctors, and employers understand and support your decision to breastfeed.

Valentine's Day Teeth-Friendly Recipes

Valentine's Fruit Kabobs

Slice up fruits such as melons, apples (dipped in lemon juice), pineapple and kiwi. Use small heart-shaped cookie cutters to cut them into small hearts. Thread them onto skewers. Serve strawberry yogurt on the side as a fruit dip.

Adapted from: <http://www.momtastic.com/cooking-recipes/snacks/171477-5-kid-friendly-and-fun-valentines-snack-ideas>

Chocolate Fondue Snacks

Melt antioxidant-rich dark chocolate and dip pretzels, nuts and fresh fruit slices such as pineapple, banana and kiwi. Make sure the fruit is completely dry before you dip it into the chocolate. After dipping into chocolate, let them dry on a baking sheet coated with wax paper.

Adapted from: http://www.ehow.com/way_5374203_healthy-kids-snacks-valentines-day

